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MONTHLY ACTIVITIES



Fix It:- Leave the lamp at the reception desk any day. You only pay for parts.

Old-Fashioned Fourth of July Party : Thursday, July 3, 12:00: Join us for music, games, prizes and food: Grilled hamburger served with lettuce, tomato, cheese, coleslaw and a bag of chips. Assorted pies for dessert

BBQ Lunch: Thursday, July 10, 12:00 pm - The folks at Wilmington Health Center are bringing their grills and generously cooking up hotdogs & hamburgers. Join us for this free lunch and say thanks for a great meal.

Movie Day: Thursday, July 10, 1:15 - The Guilt Trip After Andy Brewster invents a fabulous new organic cleaner, he goes on a cross-country road trip to promote it. His mother, Joyce, comes along for the ride but soon discovers that her son has an ulterior motive: fixing her up with a long-lost flame. Cast: Seth Rogen, Barbra Streisand

Understanding Facebook: Thursday, July 17, 10:00 - 11:00 Ever wondered what is the hype about Facebook? Need help setting up a page. Erin Dunn will demonstrate Facebook and how to use it. Whether you're a beginner or expert this class will be filled with helpful information.

Not Too Stuffy Book Club: Thursday, July 17, 1:00 A Shoot on Martha's Vineyard by Philip Craig. Life on Martha's Vineyard is good until a Hollywood Movie Scout shows up. Books are available at the Library or Pleasant Street Center.

Movie Day : Thursday, July 17, 1:00 - **American Masters: Johnny Carson: King of Late Night** - Explore the fascinating life and career of Johnny Carson, the beloved and influential longtime host of "The Tonight Show."

SH.I.N.E. Counseling – (Serving Health Insurance Needs of Elders) Meeting in the Computer Room Friday, July 18—10:00 - 3:00 . Call for an appointment 781-942-6794.

Birthday Lunch: Monday, July 21 **Noon** Your lunch is free. If it is not your birthday month suggested donation for lunch is \$2.00.

Lunch n' Learn: Thursday, July 24, 12:00 lunch, learn 12:30 "What's New in Town?" The Assistant Town Manager, Jean Delios will update us on what's new in town.

Lobster Roll Dinner sponsored by the COA. Thursday, July 24, 5:00 Come to the Pleasant Street Center and enjoy this free summer event. Reading Residents only. Doors open at 4:30 p.m. Call to reserve- 781-942-6794.


Special Luau Lunch Wednesday, July 30, 12:00 with entertainer Jim Moses. Put on your grass skirt and get ready to Hula..

Movie Day: July 31, 1:00 Frozen After her kingdom is doomed to suffer from eternal winter, intrepid Anna goes on a quest to find her reclusive sister, the Snow Queen, and break the curse. Along the way, Anna teams with eccentric mountaineer Kristoff and his comic reindeer, Sven. **Bring the kiddos to this fun movie. Complimentary refreshments!**

Lunch is Served: Noon. Join us every weekday (except holidays) for a good meal, conversation, and occasional entertainment. Sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, \$3.50). **Advance Registration Required.**



CLASSES, CRAFTS & GAMES

Art Lessons with Steve Greco: Tuesdays, 9:30 – 12:00
2 ½ hours for \$10.00. Steve will teach any medium 

Klickity Klack (Knitting Group): Wednesdays, 9:30 - 11:00 Arts & Crafts Rm . New knitters welcome. 

Painting Group: Fridays, 10:00 - 12:30 (No Van)

Computer Classes: Learn to use email, send pictures, use the internet. We have WIFI so bring your own laptop if you want.

Erin - Thursdays 7/10, 7/17, 7/24, 10:00 - 11:00

Ethan - Thursdays @ 1:00

Cribbage: Mondays, 1:00 - 3:00

Billiards: (No van) Wednesdays, 10:00 - 11:15

Pool table is available Monday - Friday

Chess: Fridays, 1:00 - 3:00 (No van).

Bingo: Tuesdays 1:00 - 2:30

Party Bridge: Fridays, 12:45 - 3:15 \$1.00 to play, New Players Welcome! (No Van)

MAH JONGG: Thursdays, 12:30 - 3:30

Quilting: will resume in September

FITNESS

Motion to Music - Tuesdays & Thursdays, 9:00 - 10:00.
\$20/month; **NOTE:** \$15/month - any 5 classes during the calendar month. Drop-ins \$4/session.

B.E.S.T. - Balance, Energy, Strength, Training
Fridays, 9:00 - 10:00 Lounge. Drop-in \$3/Session.


Yoga - Mondays—11:00 -12:00 , 4 weeks/\$40; \$11/drop in

Zumba Gold with Kelli - Mondays and Cindy on
Wednesdays 9:15 - 10:15 - Drop-in \$5/session. Zumba is fun...

Tai Chi - "FOREVER 49" - Tai Chi, Chi Gong, Mondays
& Wednesdays 1:30 - 2:30 \$40/Month, Drop-in \$10/
Session class

Brain Yoga - returning in September

Pleasant Street Spa

Roberta Our Hairdresser—Monday, July 7, 9:30 – 1:00 by appointment call (781) 245-6605 

For facials, manicures, chair massage please call the Pleasant Street Center (No Van Service)

Facials – Thursday, July 3 & 17 9:00 - 11:00 Choose 15 min./ \$5 or 30 min. /\$10.

Chair Massage - Thursday, July 3 & 17, 9:00 - 11:45, Receive a 15 minute chair massage for only \$8.

Manicures - Thursday, July 10 & 24, 9:30 - 1:00, \$6.00 or \$7.00 French.

SPACE FOR SALE

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CALL 603-329-8203,

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IMPORTANT VAN INFORMATION PLEASE READ Everything in BOLD Transportation available These are destination arrival times. Please be ready 30 minutes – 1 hour	1 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo BBQ Chicken or Roast beef with Cheddar cheese sandwich	2 8:45 Neighborhood Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping Fish w/Florentine Sauce or Egg Salad Sandwich	3 8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:00 Facial/ 9:00 Chair Massage 10:00 Computers w/Erin 12:00 Independence Day Special Lunch 12:30 MAH JONGG 12:45 FTD Shopping 1:00 Computers Grilled hamburger	4 Pleasant Street Center and Town Hall Closed— Independence Day
7 9:00 Wal-Mart 9:15 Zumba 9:30 Hairdresser 11:00 Yoga 12:00 Lunch 1:00 Woburn Mall, Target, Kohl's 1:00 Cribbage 1:30 Forever 49 - Tai Chi Chicken marsala or Tortellini Salad	8 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo Meatball Sub or BBQ Chicken	9 8:45 Neighborhood Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Billiards 10:00 Low Vision Group 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Parkinson Support 1:30 Neighborhood Shopping Roast Pork or Turkey & Cheese Sandwich	10 8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 10:00 Computers w/Erin 12:00 Lunch 12:30 MAHJONGG 1:00 Computers 1:15 Movie Macaroni & Cheese or Seafood Salad Sandwich	11 8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 10:15 Blood Pressure 12:45 Party Bridge 1:00 AA 1:00 Chess Fish w/Creole Sauce or Roast Beef/ Cheese Sandwich
14 9:00 Downtown Errands, Calareso, Library 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Redstone 1:30 Forever 49 Tai Chi/ 6:30 COA Cheese Lasagna or Seafood Salad Sandwich	15 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo Turkey Divan or Chicken Salad Sandwich	16 8:45 Neighborhood Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping Sweet Potato Crusted Fish or Turkey/Swiss Cheese Sandwich	17 8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:00 Facials 9:00 Chair Massage 10:00 Computers w/Erin 12:00 Lunch 12:30 MAH JONGG 1:00 Computers w/Ethan 1:00 Movie Baked Chicken or Roast Beef/Cheese Sandwich	18 8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Sen. Lewis Broccoli/Mushroom Quiche or Chef's
21 9:00 Woburn Mall, Target, Kohl's 9:15 Zumba 11:00 Yoga 12:00 Birthday Lunch 1:00 Cribbage 1:00 Walmart 1:30 Forever 49 - Tai Chi Chicken w/ Italian Sauce or Egg Salad Sandwich	22 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo Salmon w/Rice Pilaf or Ham & Swiss Cheese Sandwich	23 8:45 Neighborhood Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping Hot Dog or Tuna Salad Sandwich	24 8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 10:00 Computers w/Erin 11:00 Blood Pressure 12:00 Lunch 'n Learn 12:30 MAH JONGG 1:00 Computers w/Ethan 5:00 Lobster Roll Dinner Lentil Stew or Turkey Sandwich	25 8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Stuffed Pepper or Chicken Salad
28 9:00 Downtown Errands, Calareso, Library 9:15 Zumba 11:00 Yoga 12:00 Lunch 12:00 Podiatry 1:00 Cribbage 1:00 Redstone 1:30 Forever 49 Tai Chi Beef stroganoff or Seafood Salad Sandwich	29 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo Potato Crunch Fish or Turkey /Swiss Cheese Sandwich	30 8:45 Neighborhood Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Billiards 12:00 Luau Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping Aloha Chicken or Chef's Salad	31 8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 10:00 Computers w/Erin 11:00 Blood Pressure 12:00 Lunch 12:30 MAH JONGG 1:00 Movie 1:00 Computers w/Ethan Roasted Turkey or Chicken Salad	ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive EVERYTHING IN BOLD TRANSPORTATION IS AVAILABLE



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On the Go!

Van transportation is a free service to Reading seniors and disabled residents. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Receptionist at the Pleasant Street Center (781) 942-6794.

The times listed below are expected time of arrival at the destination. Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 you should be ready by 8:45).

Woburn Mall, Target or Kohl's for everyone

Monday, July 7 ~ 1:00 - 2:30 & July 21 ~ 9:00 - 10:30

Wal-Mart for everyone

Monday, July 7 ~ 9:00 - 10:30 & July 21 ~ 1:00 - 2:30

Downtown Errands, Calareso's or Library for everyone

Monday, July 14 & July 28 ~ 9:00 - 10:15

Redstone Shopping Center for everyone

Monday, July 14 & July 28 ~ 1:00 - 2:30

Burbank YMCA for everyone ~All Tuesdays and Thursdays from 8:30 - 10:30

Stop 'n Shop or Market Basket:

Neighborhood Grocery Shopping Wednesdays ~ 8:45 - 10:00 & 1:30 - 2:45

Cedar Glen Shopping Thursdays ~ 8:45 - 10:00

Tannerville Shopping Fridays ~ 8:45 - 10:00

(Thurs. July 3rd 12:45 - 2:00 pm due to the holiday)

The Pleasant Street Center is closed Friday, July 4 (Independence Day)

Rules of the road...

- All riders must meet the *Standards of Independence for participation at the Pleasant Street Center.*
 - Seatbelts are required until the van comes to a complete stop.
 - 4 bags per rider.
 - Please be on time for all pickups!
 - Be sure to cancel if you have a change of plans.
- Please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

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MEDICAL OXYGEN SAFETY TIPS

Use of portable medical oxygen in the home has grown over the past decade. Medical oxygen adds a higher percentage of oxygen to the air a patient breathes. Fire needs oxygen to burn. If a fire should start in an oxygen-enriched area, the material burning will burn more quickly.

- There is no safe way to smoke in the home when oxygen is in use. No one should smoke in a home where a patient is using oxygen.
- Candles, matches, woodstoves, and even sparking toys can be ignition sources and should not be used in a home where medical oxygen is in use.
- Keep oxygen cylinders at least 5 feet (1.5 meters) from a heat source, open flames, or electrical devices.
- Body oil, hand lotion, and items containing oil and grease can easily ignite. Keep oil and grease away where oxygen is in use.
- Never use aerosol sprays containing combustible materials near oxygen.
- Post "No Smoking" and "No Open Flames" signs in and outside the home to remind people not to smoke.

HELP WANTED

We have the need for a few good volunteers:

- Summer Kitchen Help
- Shopping Assistants
- Friendly Visitors
- Medical Escorts
- Summer Computer Instructors
- Games Program Leader

If you have a some time each month and want to help out in the community, please contact Kerry Valle at (781) 942-6659.

High School students looking for community service can also contact Kerry for summer and fall opportunities.

SENIOR GROUPS

Low Vision Group, – July 9, 10 Speaker— Andrea Fiorillo From the Reading Public Library

Parkinson's Disease Support Group, Parkinson's Disease Support Group. Wed, July 9— 1:30 to 3 Led by Mary Napoli RN Greater Medford VNA. Meets every 2nd Wed.

HEALTH SCREENINGS

Podiatry Clinic, Mon. – July 28 Call (781) 438-2525 to schedule an appointment. Cost \$30

Blood Pressure Check at Pleasant Street Center, Friday, July 11
10:15 - 10:45 *Sponsored by Wal-greens*

Blood Pressure – 4th – Thursday of every month – (July 24) 11:00 – 12:00 Town nurse

QUESTIONS/CONCERNS?

Board of Selectmen Office Hours:
Tuesday, July 8, 6:30 - 7:00 - Town Hall Conference Room

Congressman John F. Tierney:
Issues with Medicare and Social Security, Guidance with Home Mortgage Issues, Senior Directed Identity Scams and tips on How to protect yourself. Assistance to Veterans and their families including help with benefit claims. Consumer Protection Services
Peabody: 978-531-1669,
Lynn: 781-595-7375,
www.Tierney.House.gov

Senator Jason Lewis Fri., July 18 2:30 - 3:30

For information relating to legislative issues affecting seniors, please call Sally Hoyt, Senate President, (781) 944-1191.

Happy Independence Day!



SPIRIT OF BOSTON CRUISE

EASY MAC 'N CHEESE PIE

LAST CHANCE TO RESERVE YOUR SEAT FOR - Tuesday, July 29, 2014

Set sail with Elder Services... All aboard the *Spirit of Boston* luncheon cruise. Trip includes transportation, cruise, luncheon buffet, entertainment and dancing \$74.00 per person for more information or to make a reservation contact Sharon 781-942-6796 by JULY 3RD.



Ingredients

2 cups shredded Cheddar cheese (8 oz)
1 cup uncooked elbow macaroni (3 1/2 oz)
1/2 cup Bisquick™
2 1/4 cups milk
1/4 teaspoon red pepper sauce (Optional)
2 eggs

Directions

1 Heat oven to 375°F. Spray 9-inch glass pie plate with cooking spray. Place uncooked macaroni in pie plate. Sprinkle with 1 3/4 cups of the cheese.
2 In medium bowl, stir remaining ingredients with wire whisk or fork until blended. Pour into pie plate.
3 Spray sheet of foil with cooking spray; place sprayed side down over pie plate. Bake 40 minutes. Uncover; bake 8 to 10 minutes longer or until knife inserted in center comes out clean. Sprinkle with remaining 1/4 cup cheese. Bake 1 to 2 minutes longer or until cheese is melted. Let stand 5 minutes before serving.

READING ELDER SERVICES
16 LOWELL STREET
Reading, MA 01867

DID YOU KNOW:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at www.readingma.gov.
If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.



Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder

August 2014

August Van Schedule

Woburn Mall, Target or Kohl's for everyone

Monday, August 4 ~ 1:00 – 2:30 &
August 18 ~ 9:00 – 10:30

Wal-Mart for everyone

Monday, August 4 ~ 9:00 – 10:30 &
August 18 ~ 1:00 – 2:30

Downtown Errands, Calareso's or Library for everyone Monday,

August 11 & August 25 ~ 9:00 – 10:15

Redstone Shopping Center Monday,
Aug. 11 & Aug. 25 ~ 1:00 – 2:30

Burbank YMCA Tues. /Thurs. 8:30 – 10:30

GROCERY SHOPPING

**Market Basket or Stop 'n Shop
Neighborhoods Wednesdays ~ 8:45 –
10:00 & 1:30 – 2:45**

Cedar Glen Thurs. ~ 8:45 – 10:00

Tannerville Fri. ~ 8:45 – 10:00

Special Event

Massachusetts Dancesport Challenge,
Sat. Aug. 23, 8:00 – 7:00 at Memorial
Hall in Melrose Tickets: \$20 - Senior
discount \$10 for groups of 10 or more.
Come and cheer on our dancers.
Checks, made payable to MDC, are due
to receptionist by August 15.

Spa/Fitness/Classes

- **Facials/Chair Massage** - August 7 & 21
- **Manicures** August 14 & 28
- **Hairdresser** August 4
- **NO Yoga** in August
- **Facebook Class** – August 14 @10:00
am

Please follow the July schedule for all
other classes.

Events

Reservations start Monday, July 28

Movie Day, Thurs., Aug. 7, 1:00 pm "Diana"; Princess Diana
embarked on a campaign to ban landmines and have a love affair with
Dr. Hasnat Khan.

Low Vision Group, August 13, 10am speaker – Michelle Ellicks from
the Registry of Motor Vehicles

Summer Special Lunch, Wed., Aug. 13, 12:00 with entertainer Howie
Newman, sing-along.

Games on Big Screen, Thurs., Aug. 14, 1:00 – 2:15 Price is Right, Wheel
of Fortune. Come join the fun!

Ice Cream Social, Thurs., Aug. 14, 2:30 sponsored by BRIGHTVIEW,
North Andover

Senator Jason Lewis Office Hours, Fri., Aug. 15, 2:30 -3:30

Lunch n' Learn Aug. 19, 12:00 lunch, learn 12:30 "Reading Response"
provides health services or complements existing services on a no cost
basis or reduced fee. Free or low cost transportation to medical
appointments will also be discussed.

Mystic Valley Elder Services Cookout Aug. 21, Noon , Jimmy Buffet
/Margaretville Theme - Music, specialty drinks, hot dogs and
hamburgers. Come dressed for Margaretville.

Birthday Lunch - Mon., Aug. 25, Noon

What's in your medicine cabinet? Tues., Aug. 26, 10:15, Learn how
over the counter medications, certain foods & drinks can affect your
medication doses. Lahey Clinic Pharmacy.

Movie Day, Thurs., August 28, 1:00 pm: "Lee Daniels' The Butler"
Oscar-winner Forest Whitaker as Cecil Gaines, who served as the
White House butler under eight presidents.

Health Screenings/Groups

Parkinson's Disease Support Group Wed, Aug. 13, 1:30 to 3

Blood Pressure Check - Thurs., Aug. 8, 10:15 /Thurs., Aug. 28, 11:00

Podiatry – August 11, 12:00

AUGUST 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>9:00 Walmart 9:15 Zumba 12:00 Lunch 1:00 Cribbage 1:00 Woburn mall/TARGET/Kohls 1:30 Forever 49 Tai Chi</p> <p>Chicken Marsala or Vegetable Chili Sandwich</p>	<p>5</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo</p> <p>Macaroni & Cheese or Roast Beef/American Cheese Sandwich</p>	<p>6</p> <p>8:45 Neighborhood Shopping 9:15 Zumba 9:30 Kliccky Klack 10:00 Billiards 12:00 Lunch 1:30 Forever 49 Tai Chi</p> <p>1:30 Neighborhood Shopping Florentine Fish or Chicken Salad</p>	<p>7</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:00 Facials 12:00 Lunch 12:30 MAH Jlong 1:00 Movie Computers Swedish meatballs or Tortellini Salad</p>	<p>8</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:15 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Broccoli Mushroom Quiche or Turkey</p>
<p>11</p> <p>9:00 Downtown errands/Library 9:15 Zumba 12:00 Podiatry 12:00 Lunch 1:00 Cribbage 1:00 Redstone 1:30 Forever 49 Tai Chi Turkey Tetrazzini or Egg Salad Sandwich</p>	<p>12</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo</p> <p>Pollock Fillet or Caesar Salad</p>	<p>13</p> <p>8:45 Neighborhood Shopping 9:15 Zumba 9:30 Kliccky Klack 10:00 Billiards 10:00 Low Vision 12:00 Summer Special Lunch 1:30 Neighborhood Shopping 1:30 Parkinson Support 1:30 Forever 49 Tai Chi</p> <p>1:30 Neighborhood Shopping Chicken brst or Roast Beef Sandwich</p>	<p>14</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 12:00 Lunch 12:30 MAH Jlong 1:00 Games Computers 2:30 Ice Cream Social Meatloaf or Turkey/Swiss Cheese Sandwich</p>	<p>15</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis</p> <p>Tortellini or Seafood Salad Sandwich</p>
<p>18</p> <p>9:00 Woburn mall/TARGET/Kohls 9:15 Zumba 12:00 Birthday Lunch 1:00 Cribbage 1:00 Walmart 1:30 Forever 49 Tai Chi Hot Dog or Chicken Salad Sandwich</p>	<p>19</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch N' Learn 1:00 Bingo</p> <p>Chicken Paprika or Turkey Chef Salad</p>	<p>20</p> <p>8:45 Neighborhood Shopping 9:15 Zumba 9:30 Kliccky Klack 10:00 Billiards 12:00 Lunch 1:30 Forever 49 Tai Chi</p> <p>1:30 Neighborhood Shopping American Chop Suey or Egg Salad Sandwich</p>	<p>21</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:00 Facials Chair Massage 12:00 MVES BBQ Lunch 12:30 MAH Jlong 1:00 Movie Computers Salmon Fillet or BBQ Chicken</p>	<p>22</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Lentil Stew or Roast Beef Cheddar Cheese Sandwich</p>
<p>25</p> <p>9:00 Downtown errands/Library 9:15 Zumba 12:00 Birthday Lunch 1:00 Cribbage 1:00 Redstone 1:30 Forever 49 Tai Chi Veggie Burger or Ham/ Cheddar Cheese Sandwich</p>	<p>26</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:15 Medication Check up 12:00 Lunch 1:00 Bingo</p> <p>Ginger Chicken or Tuna Salad Sandwich</p>	<p>27</p> <p>8:45 Neighborhood Shopping 9:15 Zumba 9:30 Kliccky Klack 10:00 Billiards 12:00 Lunch 1:30 Forever 49 Tai Chi</p> <p>1:30 Neighborhood Shopping Beef Burgundy or Breaded Chicken Patty</p>	<p>28</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 12:00 Lunch 12:30 MAH Jlong 1:00 Movie Computers Potato Crunch Fish or Turkey/ Provolone Cheese Sandwich</p>	<p>29</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Cheese Lasagna or Egg salad Sandwich</p>